



RECIPES

TOFU SOBA SALAD W/ EDAMAME & BROCCOLINI

INGREDIENTS:

- 1 block tofu, firm (drained and cut into cubes)
- A little oil for frying tofu
- 1 pkg soba noodles
- 1 pkg frozen, shelled edamame
- 1 bunch broccolini
- Soba or somen tsuyu or choice

DIRECTIONS:

1. Pan fry tofu in a little oil while flipping occasionally to cook on all sides. Set aside to cool.
2. Prepare soba noodles and edamame (separately) according to package then set aside.
3. Parboil broccolini then set aside.
4. In a large dish layer soba, edamame, broccolini, then tofu - quantities of each ingredient depends on your personal preference.
5. Serve with your favorite soba or somen tsuyu and enjoy!

